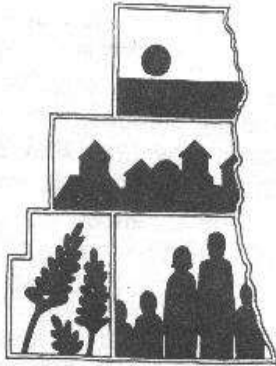


Regional Aging Service Program Administrator  
Northeast Human Service Center – Aging Services  
151 S. 4<sup>th</sup> Street, Suite 401  
Grand Forks, North Dakota 58201  
(701) 795-3000 Toll Free: 1-888-256-6742  
Fax (701) 795-3050

RETURN SERVICE REQUESTED



- \_\_\_\_\_ Please correct your mailing list  
\_\_\_\_\_ Please delete my name from list ATTACH THE OLD MAILING LABEL  
\_\_\_\_\_ Please add my **E-mail Address** to get newsletter: \_\_\_\_\_

**Attention Senior Clubs and County Council on Aging!**

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4<sup>th</sup> Street, Suite 401, Grand Forks, ND 58201.

**NAME AND ADDRESS OF SENIOR ORGANIZATION:**

**NAME AND ADDRESS OF NEW PRESIDENT:**

**TELEPHONE NUMBER OF PRESIDENT & E-MAIL:**

*PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!*

**NORTH DAKOTA AGING and DISABILITY  
Resource-LINK**

*Your Care Choice Connection to Aging and Disability Resources*

**1-855-GO2LINK**

**1-855-462-5465**

**[www.carechoice.nd.gov](http://www.carechoice.nd.gov)**



# AGING SERVICES

Volume XVIII Number I

Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Winter 2015 Extra

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### Aging Services Newsletter

Please share this newsletter with a friend, coworkers, at your senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made available in alternate formats.



## MISSION STATEMENT:

To provide quality,  
efficient, and effective  
human services,  
which improve the  
lives of people.



## Dementia Care Services

Available to North Dakota Caregivers and Families  
Currently in North Dakota there are nearly 20,000 people diagnosed with Alzheimer's disease, with at least double that number of people providing unpaid care for a person with Alzheimer's disease or a related dementia. Caregivers face many different challenges and are often unsure of where to turn for support and assistance. The North Dakota Dementia Care Services Program provides a variety of services for those impacted by Alzheimer's disease and related dementias, all available anywhere in the state and at no cost to those accessing services.

Services such as care consultation, education, and support groups provide support, disease education, and information and referrals that caregivers and family members are often seeking.

Care consultation is an individualized service that provides one-on-one assistance to caregivers and family members and enables them to better manage care and make more informed decisions regarding services and treatments. The service is unique to each caregiving situation and can be provided where the people accessing the service are most comfortable.

Education programs are offered in a variety of topics and locations and are available to the general public, professional and family care partners, medical professionals, and law enforcement.

Support groups offer a way for care partners to connect with others who are providing care, learn from each other, and gain support. Support groups are available in multiple locations throughout the state.

If you or someone you know is impacted by Alzheimer's disease or a related dementia, support and assistance are available. You can start by calling our 24/7 Information Helpline, and they can direct you to a care consultant and

other services in your area.  
The Helpline number is  
**1-800-272-3900.**

*Ashley Magner: This project is supported through funding granted through the North Dakota Department of Human Services, Aging Services Division.*

### DEMENTIA CARE SERVICES

Ashley Magner, MA  
Regional Care Consultant -  
Regions 3 and 4  
Alzheimer's Association Minnesota-  
North Dakota  
**311 S 4<sup>th</sup> St, Suite 202** | Grand  
Forks, ND 58201  
p 701.775.8544  
f 701.775.8612  
c 701.541.4217  
E-mail [amagner@alz.org](mailto:amagner@alz.org)

**24 Hour Information Helpline;**  
**CALL US ANYTIME -**  
**1.800.272.3900**  
<http://www.alz.org/mnnd/>

### Region IV Alzheimer's/Dementia Caregiver Support Groups

Grand Forks Senior Center  
**Alzheimer's/Dementia**  
**Caregiver Support Group**  
Where: GFSC Library  
When: 3rd Thursday, 10:00 a.m.  
Contact: Kalen Ault at 757-4877  
or [options@gfseniorcenter.org](mailto:options@gfseniorcenter.org)

UND School Of Nursing,  
**Alzheimer's/Dementia**  
**Caregiver Support Group**  
Meet's the first Saturday of  
each month at 10:00 am, Liz  
Tyree or Sandy Wells facilitate.  
Liz Tyree @ 701-777-4522

Cavalier Group,  
**Alzheimer's/Dementia**  
**Caregiver Support Group**  
Meet's the 3<sup>rd</sup> Thursday of  
each month at 7:00 pm. More

information call, Susan  
Vivatson, Cavalier, Parish  
Nurse, United Lutheran Church  
@ 701-265-8097



### Top Three Tips

**Talk about driving** after a diagnosis.  
**Assess your home** for safety concerns. All people with dementia are at risk for **wandering** or getting lost. Enroll in **MedicAlert® + Alzheimer's Association Safe Return®** today.

Read more:  
<http://www.alz.org/care/alzheimers-dementia-safety.asp#ixzz3MkB4tM3S>

Source: <http://www.alz.org/mnnd/>

### Region IV Nutrition Sites

**-Grand Forks Senior Center**  
**Information for**  
**Grand Forks & Nelson**  
**counties contact**  
**701-772-7245 or**  
**<http://gfseniorcenter.org>**

**-Walsh County Nutrition**  
**Program 701-284-7999**  
**-Pembina County Meals &**  
**Transportation**  
**Pembina County**  
**701-454-6586**



### The Best Breakfast Deal in Town!

Suggested contribution \$2.00, older adults can come to the Grand Forks Senior Center and enjoy a full, hot breakfast. We serve each weekday from 8:30 am to 9:30 am and our menu is found in our **Silver Express** newsletter or on our website at

[www.gfseniorcenter.org](http://www.gfseniorcenter.org)  
620 4th Ave S.  
Grand Forks  
PH: 701-772-7245

Meals on Wheels #: 701-757-2006

**Administration for**  
**Community Living Website:**  
**<http://acl.gov>**



### Social Security COLA Reminder

(Reprinted) With the 1.7 percent cost-of-living adjustment (**[COLA](#)**) **for 2015** about to begin, it is worth noting that many pensions do not have a cost-of-living adjustment (COLA) provision. Unlike the inflation protection provided by Social Security retirement, survivors and disability benefits, for pensions

lacking a COLA your starting amount is your final amount, even if you receive the pension for many years.

Social Security beneficiaries did not originally receive cost-of-living adjustments. Although the first SSA benefit was paid in January 1940, the first cost-of-living adjustment related increase was not until 1950 followed by a second in 1952. Part of the 1950 Amendments, the first Social Security COLA was signed into law by President Truman. Neither of these two increases was automatic. Both times, Congress enacted special legislation for the purpose.

Automatic Social Security COLAs began in 1975, based on 1972 legislation. Signed into law by President Nixon, this legislation established automatic COLAs based on the annual increase in the consumer price index, if any. Since then the automatic cost-of-living adjustment has increased Social Security benefits in almost all years. Learn COLA percentages for 1975-2014 [here](#).

The 1.7 percent cost-of-living adjustment for 2015 begins with benefits that more than 58 million Social Security beneficiaries receive in January 2015. Increased payments to more than 8 million Supplemental Security Income (SSI) beneficiaries will begin on December 31, 2014.

### **Aging & Disability Resource LINK (ADRL)**

[www.carechoice.nd.gov](http://www.carechoice.nd.gov)

1-855-GO2LINK

(1-855-462-5465)

### **Options Counseling: Engaging In life.**

A connection that unlocks options for older adult and their families

- Helps adults 60+ and adults with physical disabilities live independently longer
- Simplifies access to in-home services and long-term supports
- Provides active options counseling, not just referrals
- Assists those who do not qualify for publicly funded services as well as those who do
- Offers planning for alternatives to nursing home care.

Contact Kalen at 701-772-7245

## **Telephone Numbers to Know**

### **Regional Aging Services Program Administrator & ND Family Caregiver Coordinator**

**Region IV:** Patricia Soli

1-888-256-6742

### **Long-Term Care Ombudsman Services**

**Region III & IV:**

Tammy Ferderer

888-607-8610

1-

### **Vulnerable Adult Protective Services (VAPS)**

**Region III & Nelson County:**

Kim Helten 1-888-607-8610

**Region IV** (Grand Forks, Pembina,

Walsh): Bernie Bachmeir or

RaeAnn Johnson 1-888-256-6742

### **Other**

**AARP:** 1-866-554-5383

**Mental Health America of ND:**

1-701-255-3692

**FirstLink:** 24 Hour Helpline

Dial 2-1-1 or 701-235-7335

(SEEK)

**IPAT** (Assistive Technology):

1-800-895-4728

Connie Rawls, [crawls@ndipat.org](mailto:crawls@ndipat.org)

**Legal Services of North Dakota:**

1-800-634-5263 or (age 60+):

1-866-621-9886

**ND Attorney General's Office:**

1-701-328-3404

**Consumer Protection:**

1-800-472-2600

**Social Security Administration:**

1-800-772-1213

**Medicare:** 1-800-633-4227

**State Health Insurance**

**Counseling (SHIC) ND**

**Insurance Department:**

1-701-328-2440

**Prescription Connection:**

1-888-575-6611

**ND Association for the**

**Disabled:** 1-701-795-6605

NDAD (Serving all of ND)

**Alzheimer's Association:**

1-701-258-4933

1-800-272-3900 ND

**Senior Medicare Patrol:**

1-800-233-1737

## **Energy Assistance**

**For more information on  
Energy assistance programs:**

- Grand Forks County Social Services: (701) 787-8500
- Red River Valley Community Action: (701) 746-5431
- The Salvation Army: (701) 775-2597
- St. Joseph's Social Care & Thrift Store: (701) 795-8614
- ND Association for the Disabled 1-701-795-6605 NDAD (Serving all of ND)

**Local energy contacts:**

- Excel Energy: (800) 895-4999 (residential customer service)
- NoDak Electric Cooperative: (701) 746-4461



**COMING IN 2015  
Northern Plains Conference  
on Aging and Disability  
At Ramada Plaza Suites,  
Fargo, ND**

<http://www.northernplainsconference.com/>